

Your Beautiful Mind: Mental Health for Seniors

Did you know that the World Health Organization (WHO) found that approximately [15 percent of older adults](#) experience a mental health disorder? Thankfully, you can help prevent these ailments through an active lifestyle and healthy age. Stonebridge at Montgomery understands that your mental wellbeing is vital to your overall health, which is why we offer a variety of ways to help encourage positive mental health for seniors.

Mental Health Activities

Stonebridge at Montgomery provides a diverse selection of engaging and supportive amenities right on our campus. Below are just a few ways we ensure the wellbeing of our residents.

Stimulate Your Body and Mind with Monthly Activities

No matter your interests, Stonebridge at Montgomery has something to challenge you. There are daily, weekly and monthly activities to help your mind stay both entertained and energized, which you can find on our ever-changing [calendar of events](#). And while you're having fun expanding your mind, you'll also grow incredible friendships with other residents.

Entertain Your Palate with Our Gourmet Dining Experience

The food you put in your body fuels you both physically and mentally, and here at Stonebridge at Montgomery, we provide meals filled with nutritional value. In fact, our Dining Services Director previously worked alongside culinary legends Wolfgang Puck and Emeril Lagasse, so you know you're going to get an unmatched experience.

Keep Your Body Fit with an Active Lifestyle

Your physical wellness plays a role in your mental health. That's why there are plenty of opportunities for you to integrate fitness into your life in our community. On the Stonebridge at Montgomery campus, you have access to a multitude of fitness classes through our LivWell programs as well as our [indoor heated pool](#).

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Be a Lifelong Learner with Our Senior Community Library

With over 8000 books across a wide variety of topics, our continually growing library will have something to pique your interest and grow your knowledge. Grab something new or an old favorite to engage your brain and connect to the outside world.

Connect to the Outside Community

Stonebridge at Montgomery is in the perfect location for those who want to continue learning in their golden years. Tour Princeton University, visit the Morven Museum and Garden or Princeton Art Museum, experience an abundance of theaters or enjoy hiking in the Sourland Mountain Preserve and other state parks.

Aging and Mental Health at Stonebridge at Montgomery

We also understand that relaxation plays a major role in your mental health. Residents Jerry and Sheila Berkelhammer said, “After we enjoy dinner, Sunday brunch, a first Friday cocktail party and feast or a holiday celebration, we can relax! The mess — dirty pots, pans and dishes is in Stonebridge’s kitchen, not ours or yours. We can’t say enough good things about Stonebridge. We are so happy we made the move!”

Learn more about aging and mental health at Stonebridge at Montgomery by [contacting our team](#) today.